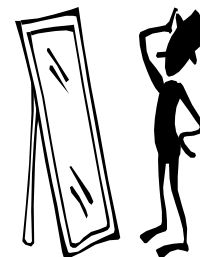


## BODY IMAGE SURVIVAL TIPS

If you worry about your looks and your body, you're not alone. One study found that 75% of women and 54% of men are unhappy with their physical appearance and wish their bodies were different. Given the images we constantly see in the media, it's no wonder people feel this way.

To improve your body image and worry less about how you look, how much you weigh, or what you eat, try following these simple body image survival tips:



- **Actively resist the stereotype that thin equals beautiful.** Beauty is a learned concept, and the cultural norm of beauty changes over time. At the turn of the century, sex symbol, Lillian Russell, weighed over 200 pounds. Even Marilyn Monroe would be considered "overweight" today. The media, advertisers, and the diet industry tend to set the standard of beauty in today's society. We must remember that they are selling dissatisfaction with our bodies in order to make a profit.
- **Throw out the scale.** Beauty can't be measured in pounds. The scale is a particularly poor measure of whether physical activity is improving your appearance. Lean muscle tissue weighs more than fat, but takes up less space. Use your clothes to gauge your shrinking body, not the scale.
- **Don't buy into media images.** Remember that ads are meant to sell you something. You may want to look like a model, but it's important to understand that even models don't look like their pictures in real life. There are many tricks to "doctoring" pictures. Cosmetics are a \$20 billion dollar a year industry. Other techniques include airbrushing, computer alterations, special lighting to cast shadows in just the right places, or even black and white photography, especially on "muscular" men so that the definition of muscles is greater. All types of media trick us into thinking that there are people who look far more "perfect" than any person really ever does.
- **Work to change your relationship with food.** Many teens eat when they feel stressed, angry, lonely, depressed, or disappointed. Find other ways to nurture yourself when you feel down. Eat healthy meals at regular times. Try to avoid using food as a reward for yourself.
- **Focus on what you like about yourself and your body.** Value your body for what it can do and not just how it looks. There may be little you can do to change the body you have, but there are many things you can do to change your way of thinking about your body. To build your body confidence, try new activities and find things that your body is good at doing. For every negative thought you have about your body, come up with a positive one to counter it.
- **Radical dieting doesn't work.** Strict diets usually lower metabolism because they cause loss of lean body mass (muscle tissue) rather than loss of body fat. Strict diets which lower or limit your intake of carbohydrates cause your body to use protein to meet its energy needs. Then, protein isn't available to build and repair muscle tissue. Loss of muscle lowers metabolism. The most healthy weight is a stable weight, and the best way to maximize your health is to adopt a healthy lifestyle, which includes regular physical activity and good nutrition habits.



- **Consider seeing a professional.** Changing your body image can be difficult, and it's important to remember there are professionals who are trained to help you. Make an appointment with a psychologist, counselor, or healthcare provider.

## HOW TO HELP A FRIEND OR FAMILY MEMBER QUIT SMOKING



Do you have a friend or family member who smokes? Are you constantly harassing them to quit, only to hear them rattle off all the reasons why now is "not a good time."

These tips can help you to better support their quit attempt without all the nagging.

1. **Express care, but skip the criticism.** Try saying, "I really care about you, and I'm worried about you smoking." Talk about why you're concerned. It's okay to let them know you care, but be careful not to criticize.
2. **Remember it's up to them to make the decision to quit.** If a person isn't ready to quit, there's really nothing you can say to convince them. Nagging, complaining, or pressuring will probably backfire, and it could even make it harder for them to quit.
3. **Ask how you can help.** If they're not ready to quit, let them know you would like to support them when they do decide to.
4. **Be patient with mood swings.** Be ready for the emotional ups and downs of quitting. Mood swings are just a part of overcoming physical addiction. They'll usually pass within a few days. Don't take it personally. If you have a hard time being around the person, it's okay to take a break. In fact, your friend or family member may prefer being alone.
5. **Be "on call."** For some people, having a person they can talk to when they have a craving for a cigarette is helpful. Reassure them that they are not a burden to you and that you want to help them quit.
6. **Offer encouragement.** Encourage even small steps, and offer praise for their even thinking about quitting or cutting back. Give extra encouragement during the first few days.
7. **Encourage non-smoking activities.** Suggest doing activities that do not include smoking. Hang out in places where smoking isn't allowed, and avoid parties or places where you know other people will be smoking.
8. **If you're a tobacco user yourself...Don't smoke around the person who is trying to quit.** If you live in the same house together, smoke outside, and put your cigarettes away so they won't be tempted. Consider quitting together so you can support each other.
9. **Be prepared for slips.** Quitting for good can take several attempts. If the person slips, don't get mad or act disappointed. Instead, say, "It's okay. I know you can do it. It just takes time."
10. **Keep up the support.** Let your friend or family member know how much it means to you that he or she is no longer smoking. Celebrate one day, one week, and one month without smoking.

Quitting smoking is one of the hardest things a person can do. It can be hard for weeks, months, or even years after quitting. Knowing what to say can really help your loved one be more successful when they're ready to quit.


## GOT CALCIUM?

Calcium is essential to a healthy diet, yet most teens are not getting enough of it. According to one study, only 14% of teen girls and 35% of teen boys are meeting the Recommended Dietary Allowance (RDA).

The teenage years are a critical period for bone development because most muscle mass accumulates during that time. In fact, by the time you reach the age of 17 and finish your "growth spurt," approximately 90% of your adult bone mass has been established.

Calcium plays a critical role in building strong, healthy bones. Low calcium consumption and inadequate weight-bearing exercise can contribute to osteoporosis, a condition where bones weaken and fracture more easily.

So the next time you reach for a snack or something to quench your thirst, try grabbing something that's also rich in calcium. These include: milk, cheese, yogurt, pudding, almonds, beans, green leafy vegetables, tofu, broccoli, and calcium-fortified juices, cereals, and breads. If these don't appeal to you, do an online search of "calcium-rich foods" on the internet. You're bound to find something you like!

**So, what's all the hype about BODY MASS INDEX (BMI)?**

Body Mass Index (BMI) measures the relationship between height and weight. Many physicians and healthcare professionals use it as a tool in identifying potential health risks and/or problems before they arise. A low number suggests health risks from being underweight, and a high number may point to health risks from being overweight.

**How to Calculate Your BMI...**

$$\frac{\text{(Wt. in Pounds)}}{\text{(Ht. in Inches)} \times \text{(Ht. in Inches)}} \times 703$$

Less Than 18.5 = Underweight  
 18.5 - 24.9 = Normal  
 25.0 - 29.9 = Overweight  
 30.0 and Over = Obese

**Example:** John weighs 200 pounds and is 6 feet tall (or 72 inches)

$$\frac{200}{(72 \times 72)} \times 703 = \frac{200}{5184} \times 703 = 27.12$$

John's BMI classifies him as being overweight, which puts him at risk for diabetes, heart disease, and a number of other diseases.